



Upcoming Educational Sessions

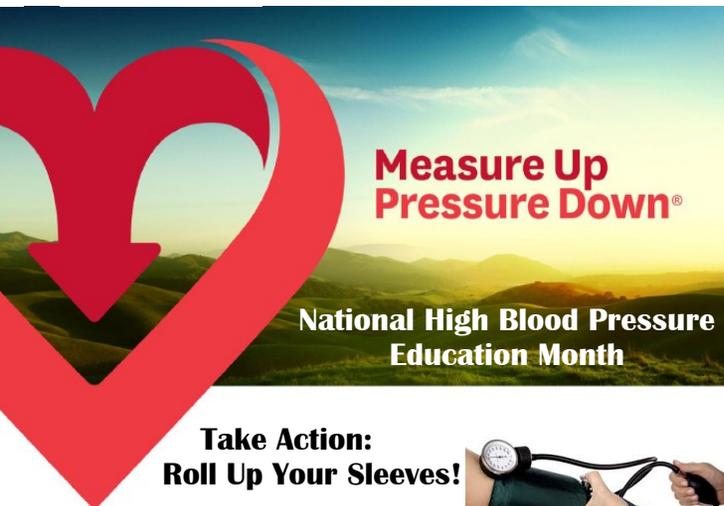
“Understanding Blood Pressure”

UHC Health Coach,
James Williamson
5/11, 11:30am-12:30pm @
Municipal Plaza B Rm

“Managing Blood Pressure through Diet”

Dr. Prisiliano Salas Jr., MD
5/7, 3:15-4:00pm @ Pre-K 4 SA West

Renee Fletcher, MSN, RN, CNS
5/21, 3:15-4:00pm @ Pre-K 4 SA East



About 1 of 3 US adults have high blood pressure. High blood pressure makes your heart work too hard and increases your risk of heart disease and stroke.

You can have high blood pressure and not know it. That is why it is called the “silent killer.” It is also why it is so important to have your blood pressure checked. If you know family or friends who haven't had their blood pressure checked recently, make it a point to ask them to do it in May, National High Blood Pressure Education Month.

It is easy to check blood pressure and it is painless. It can be checked by your doctor, many pharmacies, and even at work!



Twelve interactive health stations have been installed at work sites across the City exclusively for City employees, and provides a way for employees to check a variety of health measurements at any time including: blood pressure, heart rate, weight, Body Mass Index (BMI), glucometer downloads & pedometer or activity meter downloads. To find a health station near you, visit the employee wellness website or contact wellness at 207-WELL.

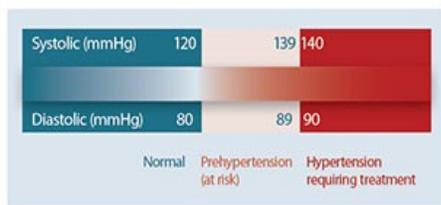
The health station can be used on an unlimited basis, and employees can view their ongoing results at the health stations, as well as on a personalized website. All the recorded health information will remain confidential and is for the employee's use only.



Heartfi-FACTS

Do you know the “silent killer”?

Hypertension (high blood pressure), is called “the *silent* killer” because it sometimes has no symptoms. It's important to have your blood pressure checked regularly.



TEXAS HEART INSTITUTE
at St. Luke's Episcopal Hospital
LEARN More
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5 WAYS I CAN USE MY

EMPLOYEE WELLNESS PROGRAM

TO MANAGE MY BLOOD PRESSURE

- Get moving with **Virgin Pulse!** Regular physical activity can lower your blood pressure by 4-9 mmHg. Sign up for FREE & get your FREE Max pedometer at join.virginpulse.com/cityofsanantonio.
- Work with a FREE & confidential **UHC Onsite Health Coach** or **Telephonic Wellness Coach** to lose extra pounds & watch your waistline. Blood pressure often increases as weight increases. Losing just 10 pounds can help reduce your blood pressure. Contact wellness@sanantonio.gov.
- Eat a healthy diet! Get support by joining or starting a **Weight Watchers @ Work** group & be eligible for 50% reimbursement of program fees. Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mmHg.
- Reduce your stress. Stress or anxiety can temporarily increase blood pressure. Take some time to think about what causes you to feel stressed & consider how you can eliminate or reduce stress. If self-help doesn't work, seek out a professional for counseling. **Deer Oaks EAP** is available to you & your household at no cost & is completely confidential. Call (866) 327-2400.
- Quit tobacco with the FREE **Quitline Program** at (866) 784-8485 or join a FREE **EAP Tobacco Cessation Course (next series begins May 7th!)**. On top of all the other dangers of smoking, the nicotine in tobacco products can raise your blood pressure by 10 mmHg or more for up to an hour after you smoke. Smoking throughout the day means your blood pressure may remain constantly high. To sign up, contact wellness@sanantonio.gov.

Quit For Life® Program